

Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031



Operating Hours: Monday - Saturday 9 a.m. to 10 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information. 703-865-0520, TTY 711

March

Programs

Programs	When/Where	Time	Description
Senior Adult Program	Monday - Friday Rm 112	9 a.m. - 4 p.m.	Activities and trips for adults 55+. Lunch and transportation are available upon request and may require a fee. *Must be 60 or older to receive lunch
Arts and Crafts	Monday-Friday	6:30pm-9 p.m	For youth and family from 6:30pm-9pm Monday-Friday for ages 6-13 years of age.
Teen After School Program	Monday - Friday	3 p.m. - 9 p.m.	Activities and programs for youth ages 12-18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun.
Arts and Crafts	Thursday Rm 120	1:30 p.m. - 2:30 p.m.	Activities such as beading, painting, decoupage, ceramics, etc.
Open Art studio	Wednesday's Rm 120	10:30-11:30 a.m.	Bring your own supplies for self guided arts activities. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers.
Cooking Madness	Friday Rm 126	1:30 p.m. - 3 p.m.	Cook and bake some yummy goodness.
Movie Matinee	Friday Rm 121	1 p.m. - 4 p.m.	Showing popular movies from all decades!
"Rook n Roll" Chess Club	Wednesday & Saturday Rm 228	6:30 p.m. - 8:30 p.m. (W) 1 p.m. - 3 p.m. (Sat)	Friendly chess every Wednesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.
ArtReach Program	Every 2nd and 4th Friday Rm 120	10:30 a.m. - 11:30 a.m.	Join Sharon Fishel from the McLean Project of the Arts and learn how creative you really are. Learn about art history, textures and combine them to create your own masterpiece.

Classes

Classes	When	Time	Description
Zumba Gold (for Senior Program)	Monday Gym	10:30 a.m. - 11:30 a.m.	Zumba for adults 55 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances.
Line Dancing (for Senior Program)	Monday Gym	12:30 p.m. -2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world!
Beginners badminton (for Senior Program)	Monday Gym	10:30 a.m. - 11:30 a.m.	Learn basics skills of badminton
Beginners Pickleball (for Senior Program)	Monday Gym	9:30 a.m. - 10:30 a.m.	Learn the basics of pickleball. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Yoga for Stress Reduction	Tuesday	6 p.m. - 7 p.m.	Intermediate to advanced Yoga, done in a darkened room to decrease stress.
Yoga for Stress Reduction	Tuesday	7:15 p.m. -8:15 p.m	Intermediate to advanced Yoga, done in a darkened room to decrease stress.
Yoga - General Hatha (for Senior Program)	Wednesday Rm 112	11 a.m. - 12 p.m.	Yoga for beginners. Please bring a mat.
Line Dancing	Wednesday- Gym	12:30 p.m. -2:30 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world!
Functional Fitness (for Senior Program)	Thursday-Gym	9:30 a.m. - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged.
Zumba	Thursday-Gym	5 p.m. - 6 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances.
Chair Exercise (for Senior Program)	Friday Rm 111	10 a.m. - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury.
Zumba	Friday Room 111	1 p.m. - 2 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances.

Next session of classes will begin May 4, 2015. You must register from April 27-May 1, 2015.

Sensory Room

Event	When	Time	Description
Open Relaxation Station for Adults	Monday	3 p.m. - 4 p.m.	Attendance is based on first come first served. No more than five people at a time.
Mommy & Me Discovery	Wednesday	9 a.m. - 11 a.m.	This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute sessions.
Sensorium for Teens	Friday	4 p.m. - 5 p.m.	Attendance is based on first come first served. No more than 5 people at a time.
SACC	Monday - Friday	3:30 p.m.-6:30 p.m./TBD	Kids under 12 not allowed in the facility during SACC hours only if they are in the SACC program.
SPARC	Monday, Wednesday and Friday	1:00-2:00	SPARC Programming

Providence Community Technology Center

Lab Calendar	When	Time	Description
SPARC	Wednesday	11:15 a.m. - 12:15 p.m.	SPARC Programming
SPARC	Monday and Friday	10:00 a.m. - 11:00 p.m.	SPARC Programming
SACC	Monday-Friday	4:30 p.m. - 5:30 p.m.	SACC Programming
Adults: Internet and Social Media	Monday	12:15 a.m. - 1:15 p.m.	Introduction to Facebook, Tumbler, Pinterest, Youtube, and other social media outlets. Creating accounts, adding pictures, chatting with family and friends, sharing. Learning how to safely browse the internet. Learning different browsers.
Adults: Beginners Excel	Tuesday	1:30 p.m- 2:30 p.m.	Navigating tool bar, Entering basic data into excel, using funtions, creating formulas, working with worksheets, moving and copying data and much more. Basic projects are welcome for one on one help.
Adults: Beginners Word	Wednesday	1:30 p.m- 2:30 p.m.	Navigating tool bar, using templates, merging, creating envelopes, labels moving and copying data and much more. Basic projects are welcome for one on one help.
Adults: Working with Smartphones and Tablets	Thursday	11:15 a.m. - 12:15 p.m.	Basic understanding of smartphone use to make calls, to retrieve messages, to text, to download apps. Basic understanding of Tablet use to take and store pictures, to organize pictures, to transfer pictures from tablet to PC, to download and upload images.
Adults: Beginners Computer Class	Friday	12:15 p.m. -1:15 p.m.	Learning about the computer: The different components of a computer, how to utilize the computer for day to day needs such as browsing the internet, saving documents, creating files.

Adult: Open Lab	Tuesday, Wednesday	12:15 pm-1:30 p.m.	No Classes. Computer Use, Printing (Limit Per Person of 5 pages). Music Studio Sessions.
Adults: Open Lab	Monday, Thursday, and Friday	1:15 p.m. - 2:45 p.m.	No Classes. Computer Use, Printing (Limit Per Person of 5 pages). Music Studio Sessions.
Teen Program: Homework	Monday - Friday	3:00 p.m. - 4:30 p.m.	Utilize computers to do school projects, blackboard assignments. Printing for homework only and clubhouse projects.
Teen Music Studio	Monday, and Friday	3:30 p.m. - 4:30 p.m.	Open time for music sessions, lessons and projects.
Preteen Programs: Homework/Clubhouse Activities	Monday-Friday	6:30 p.m. - 8:00 p.m.	Typing lessons, Hour of Code. Break off into groups based on creative interests. Arts, Music, Video, Word Art, Learning to Code, Robotics, etc. Open lab time for gaming and fun.
Preteen Programs: Homework/Clubhouse Activities	Monday, and Friday	6:30p.m. - 7:30 p.m.	Open time for music sessions, lessons and projects.
Gymnasium			
Gym	When	Time	Description
Teen Open Gym	Wednesday	6:30pm-8pm	Open Gym for teens ages 13-18 to play basketball and practice skills.
Adult Recreational Basketball	Tuesday & Thursday	8 p.m. - 10 p.m.	Open Gym for adults ages 18+ to play basketball and practice skills.
Adult Coed Indoor Soccer	Monday & Wednesday	8 p.m. - 10 p.m.	Open Gym for adults ages 18+ to play soccer and practice skills.
Senior Adults Coed Indoor Soccer	Friday's	11:30 a.m. - 12:30 p.m.	Open Gym for adults ages 55+ to play soccer and practice skills.
Senior Zumba Gold	Monday	10:30a.m- 11:30 a.m.	Fitness dance class for adults 55+. Must register and pay first to participate
Senior Men's Basketball	Tuesday & Thursday	10:30 a.m- 12:00 p.m.	Men's basketball for ages 55+.
Line Dancing	Wednesday	12:30 p.m. -2:30 p.m.	Fitness dance class for adults 19+. Must register and pay first to participate
Senior Line Dance Class	Monday	12:30p.m -2:30 p.m.	Fitness dance class for adults 55+. Must register and pay first to participate
Senior Competitive Pickleball	Tuesday & Thursday	10a.m-12 p.m.	For ages 55+
Women's Recreational Basketball	Wednesday	6:30 p.m. - 8 p.m.	Open Gym for high school girls and women ages 18+ to play basketball and practice skills.
Beginners Pickleball	Monday	9:30 a.m. - 10:30 a.m.	Must be member of the senior program. Learn basic skills and play
SACC	Monday-Friday	3p.m-6 p.m.	FAB 5
Beginners Badminton	Monday's	10:30-11:30 a.m.	Must be member of the senior program. Learn basic skills and play
Family Recreation	Tuesday, Thursday, and Friday	6:30 p.m-8 p.m.	Open recreation time for families. Parents and children ages 4-11 can enjoy fun games such as volleyball, ladder ball, basketball, bowling and much more.
Providence Youth Soccer Clinic	Starts Saturday February 21st and ends Sat. April 11th.	9 a.m. - 1:00 p.m.	Indoor training sessions provide players age 5-11 with individual attention giving them the opportunity to practice their skills, develop new skills, and learn the game strategy required to improve their overall level of play. No open Gym during those hours.
Community Meetings			
Activity	When	Time	Description
Girl Scout Troop Meetings	Saturday Rm 112	10 a.m. - 1 p.m.	Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture. Parents are welcome to participate in troop meetings. All girls ages 5– 10 are welcome to join.
Toastmasters	February 13 & 27 Rm 228	6:45 p.m. - 8:30 p.m.	Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia

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February 2015

Programs

Programs	When/Where	Time	Description
Senior Adult Program	Monday-Friday Rm 112	9 a.m.-4 p.m.	Activities for adults 55 and over. Lunch * and transportation are available upon request. *Must be 60 or older to receive lunch
Teen After School Program	Monday-Friday	3 p.m.-9 p.m.	Activities and programs for youth ages 12-18. Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun.
Arts and Crafts	Thursday Rm 120	1:30 p.m.-2:30 p.m.	Activities such as beading, painting, decoupage, ceramics, etc.
Cooking Madness	Friday Rm 126	1:30 p.m.-3:00 p.m.	Cook and bake some yummy goodness.
Movie Matinee	Friday Rm 121	1:00 p.m.-4:00 p.m.	Showing popular movies from all decades!
"Rook n Roll" Chess Club	Wednesday & Saturday Rm 228	6:30 p.m.-8:30 p.m. (W) 1 p.m.-3 p.m. (Sat)	Friendly chess every Tuesday and Saturday. All levels welcomed. Learn to play chess or test your skills against others.
ArtReach Program	Every 2nd and 4th Friday Rm 120	10:30 a.m.-11:30 p.m.	Join Sharon Fischel from the McLean Project of the Arts and learn how creative you really are. Learn about art history, textures and combine them to create your own masterpiece.
Book Discussion	Every 2nd and 4th Tuesday Rm 120	10:30 a.m.-12 p.m.	Discussion on book of the month.

Classes

Classes	When	Time	Description
Zumba Gold (for Senior Program)	Monday Gym	10:30 a.m.-11:30 a.m. \$	Zumba for adults 55 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa,
Yoga-General Hatha	Wednesday Rm 112	11:00 a.m.-12:00 p.m. \$	Yoga for beginners. Please bring a mat.
Zumba	Thursday Gym	5:00 p.m. -6 p.m. \$	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances.
Chair Exercise	Friday Rm 112	10:00 a.m.-11:00 p.m. \$	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury.
Zumba	Friday Gym	1:00 p.m.-2:00 p.m. \$	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances.
Art Classes	Friday Rm 120	10:30 a.m.-11:30 a.m.	Classes that include beading, painting, decoupage, collaging, etc.
Functional Fitness	Thursday Rm 228	9:30 a.m. -10:30 a.m. \$	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged.

Sensory Room			
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Open Relaxation Station for Adults	Monday	3:00 a.m.-4:00 p.m.	Please sign in at the front desk. No more than five people at a time.
Yoga for Stress Reduction	Tuesday	6:00 p.m.-7:00p.m.	Intermediate to advanced Yoga, done in a darkened room to decrease stress.
Mommy & Me Discovery	Wednesday	9:00 a.m.-11:00 p.m.	This program is for mothers and their young children to explore sensory items and activities. Registration is required for 30 minute sessions.
Sensorium for Teens	Friday	4:00 p.m. 5:00 p.m. \$	Please sign in at the front desk. No more than 5 people at a time.
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Teen Program: Homework	Monday-Friday	3:00 p.m.-4:30 p.m.	Utilize computers to do school projects, blackboard assignments. Printing for homework only and clubhouse projects.
Teen clubhouse activities.	Monday-Friday	6:00 p.m.-7:00 p.m.	Break off into groups based on creative interests. Arts, Music, Video, Word Art, Learning to Code, Robotics, etc.
Teen Open Lab	Monday-Friday	7:00 p.m.-8:00 p.m.	Open lab for computer gaming and social media outlets.
Teen Music Studion	Monday, Tuesday and Friday	6:00 p.m.-8:00 p.m.	Open time for music sessions, lessons and projects.
Gymnasium			
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Senior Men's Open Gym	Tuesday & Thursday	10 a.m.-11:30 a.m.	Open gym for adults ages 55+ to play basketball and practice skills.
Women's Recreational Basketball	Wednesday	6:30 p.m.-8 p.m.	Open Gym for high school girls and women ages 18+ to play basketball and practice skills.
Teen Open Gym	Monday & Wednesday	6:30 p.m.-8 p.m.	Open Gym for youth ages 12-18 to play basketball and practice skills.
Youth Soccer Academy	Saturday	9:00 a.m. - 1 p.m.	Indoor training sessions provide players age 5-11 with individual attention giving them the opportunity to practice their skills, develop new skills, and learn the game strategy required to improve their overall level of play.

Community Meetings			
Activity	When	Time	Description
Girl Scout Troop Meetings	Saturday	10 a.m.-1 p.m. Rm 112	Girl Scouts go on fun adventures, travel, learn new skills, make friends, help their community and become the next generation of leaders. During troop meetings, girls will experience the traditions of Girl Scouting, such as songs, and arts & crafts as well as activities involving health, fitness, science, art, literacy, career exploration, and culture. Parents are welcome to participate in troop meetings. All girls ages 5– 10 are welcome to join.
Toastmasters	February 13 & 27	6:45 p.m.- 8:30 p.m. Rm 228	Fairfax Toastmasters is the main local chapter of Toastmasters International, the most cost-effective, and funnest, way to learn and practice communication and leadership in Fairfax, Virginia
Center Holiday Closings			
George Washington Day	February 14-16	Center will be closed in observation of George Washington Day	